

WHAT IS CLAIMED IS:

1. A method to retard, prevent and reverse the sign of skin photo-damage, comprising administering, to a human subject in need thereof, a therapeutically effective dose of a formulation comprising an extract of *Emblica officinalis* as the active ingredient.
2. A product according to claim 1 in which said extract is present in a dosage form suitable for oral administration.
3. A product according to claim 2, which includes excipients suitable for such oral administration.
4. A product according to claim 2 wherein the dosage form is a tablet.
5. A product according to claim 2 wherein the said dosage form is a capsule.
6. A product according to claim 2 wherein the said dosage form is an elixir or suspension.
7. A product according to claim 2 wherein the said dosage form is a drink.
8. A product according to claim 2 wherein the said dosage form contains other ingredient capable of retarding, preventing and reversing the sign of skin photo-damage.
9. The method according to claim 1 wherein said therapeutically effective dose is in the range of about 1 to 500 mg of said extract per day.
10. The method according to claim 9 wherein said therapeutically effective dose is in the range of about 2 to 200 mg of said extract per day.
11. The method according to claim 1 wherein administration of said therapeutically effective dose is begun before, during or after sun exposure.

12. The method according to claim 11 wherein administration of said therapeutically effective dose is begun two to three days before sun exposure.

13. The method according to claim 11 wherein administration of said therapeutically effective dose is begun a week before sun exposure.

14. The method according to claim 11 wherein said extract includes Emblicanin A, Emblicanin B, Pendunculagin and Punigluconin.

15. The method according to claim 14 wherein total flavonoids are present in the extract in an amount $< 1\%$ by weight of the extract.

16. The method according to claim 14 wherein said extract includes $>40\%$ by weight of said compounds.

17. The method according to claim 16 wherein rutin species of flavonoids are present in an amount of only 0.0001 to 0.01%.

18. A product according to claim 1 in which said extract is present as a nutritional supplement in the form of liquids, powders, pills or tablets, or confectionery bars.

19. A nutritional supplement for producing a baked, edible, high protein product comprising a) at least 0.1% *Emblica officinalis* extract, b) a mixture of high protein components, c) flour, d) leavening agent, e) sweetener, and f) water.

20. A nutritional composition according to claim 19, further including a flavor component for imparting a characteristic taste to said nutritional composition selected from the group consisting of water soluble natural or artificial extracts that include apple, banana, cherry, cinnamon, cranberry, grape, honeydew, honey, kiwi, lemon, lime, orange, peach, peppermint, pineapple, raspberry, tangerine, watermelon, wild cherry and equivalents thereof; being in the overall range of 0.10% to 2.0% by weight of said dry composition.

21. A nutritional composition according to claim 19, further including a colorant component for imparting a characteristic color to said nutritional composition selected from

the group consisting of water soluble natural or artificial dyes of blue, green, orange, red, violet, and yellow; iron oxide dyes, ultramarine pigments of blue, pink, red, and violet; and equivalents thereof; being in the overall range of 0.10% to 2.0% by weight of said dry composition.

22. A method according to claim 11, further comprising topically administering a sunscreen to the skin of a human subject during sun exposure.

23. A method according to claim 12, further comprising topically administering a sunscreen to the skin of a human subject during sun exposure.

24. A method according to claim 13, further comprising topically administering a sunscreen to the skin of a human subject during sun exposure.

25. A method according to claim 1, wherein said extract is a standardized extract.

26. An ingestible nutritional composition comprising at least 0.1% *Emblica officinalis* extract and at least one sweetener, said composition being in the form of liquids, powders, pills or tablets, or confectionery bars.

27. An ingestible nutritional composition according to claim 26, further comprising an ingestible protein.